

Riverside Group Exercise Class Timetable

Riverside Ice & Leisure Centre

Accurate as of 01/07/2024

Times for Thursday 27 June



| Time | Session | Facility |
|---------------------|-----------------------|------------------------|
| 6:20 am - 6:50 am | Leg Day | Gym |
| 6:30 am - 7:15 am | Body Pump 45 | Studio 1 |
| 7:15 am - 8:00 am | VIRTUAL RPM | Studio 3 / Spin Studio |
| 7:30 am - 8:00 am | VIRTUAL GRIT ATHLETIC | Studio 1 |
| 9:00 am - 9:30 am | Body Combat | Studio 1 |
| 9:30 am - 10:30 am | Pilates | Studio 2 |
| 9:35 am - 10:05 am | ARENA | Gym |
| 9:35 am - 10:20 am | Group Cycle | Studio 3 / Spin Studio |
| 9:40 am - 10:25 am | LES MILLS TONE | Studio 1 |
| 10:35 am - 11:20 am | THE TRIP - Virtual | Studio 3 / Spin Studio |
| 10:35 am - 11:20 am | Bounce | Studio 1 |
| 10:40 am - 11:25 am | LBT | Studio 2 |
| 11:35 am - 12:20 pm | Body Pump 45 | Studio 1 |
| 11:35 am - 12:30 pm | Hatha Yoga | Studio 2 |
| 12:15 pm - 1:00 pm | THE TRIP - Virtual | Studio 3 / Spin Studio |
| 12:30 pm - 1:15 pm | Body Conditioning | Studio 1 |
| 1:00 pm - 1:45 pm | Stretch & Relax | Studio 2 |
| 1:15 pm - 1:45 pm | VIRTUAL SPRINT | Studio 3 / Spin Studio |
| 2:00 pm - 2:45 pm | VIRTUAL PUMP | Studio 1 |
| 4:30 pm - 5:15 pm | THE TRIP - Virtual | Studio 3 / Spin Studio |
| 5:30 pm - 6:15 pm | Pilates | Studio 2 |

| Time | Session | Facility |
|-------------------|----------------------|------------------------|
| 5:35 pm - 6:20 pm | Body Attack* | Studio 1 |
| 6:20 pm - 7:20 pm | BODYJAM | Studio 2 |
| 6:30 pm - 7:15 pm | Body Combat | Studio 1 |
| 6:30 pm - 7:15 pm | RPM | Studio 3 / Spin Studio |
| 7:25 pm - 7:55 pm | Les Mills Core | Studio 2 |
| 7:30 pm - 8:30 pm | Body Pump | Studio 1 |
| 8:00 pm - 8:30 pm | Express Body Balance | Studio 2 |